

REST AND EXERCISE.

Personal hygiene is the science of individual health. From birth to old age health is not uniform, for it varies at different epochs; but with care, a reasonable measure of it may be attained throughout life and at every period of it, provided, of course, that the stock from which our life is drawn is healthy. What we understand by health is that state which allows of some exertion of brain and muscle without any painful sense of fatigue; but owing to the complexity of the human body and the varying conditions of health and strength, it is impossible to lay down any fixed rule which shall determine the amount of work the average healthy man can do. By attention to rules of living and habits of life we preserve health, and by neglect we forfeit it.

However we look at life, two facts stand out in bold relief—that we must work, and that we must rest; the latter being a sort of storehouse, supplying to the former the power necessary for maintaining a constant equilibrium. It is an old saying, "All work and no play makes Jack a dull boy." An entirely sedentary life cannot be healthy for body and mind; and when the struggle for existence becomes so severe that men and women are unable to find any leisure moments for outdoor muscular exercise, the time has arrived for war, famine, disease to sweep off masses, so as to render the competition less keen.

It has been found that, for a healthy, strong adult, the least amount of work which is capable of, without injury to health, in a day's work equals 300 tons lifted. According to Professor Parkes, to preserve health, a man should take an amount of exercise equal to raising 150 tons lift; or, in other words, walk nine miles daily at least. Now, although we are more guided by personal experience, still it will be found that those who maintain good health have carried out to a large extent the rules laid down by the scientific men for health.

Jeremy Taylor says, "Every day's necessity calls for a recreation of that portion which has labored all night, when we lay in our bed and sleep in our outer chambers. The very spirits of a man prey upon the daily portion of bread and fish; and every meal is a rescue from a death, and lays up for another. And while we think a thought we die, and the clock strikes, and reckons in our portion of eternity. We form our words with the breath of our nostrils; we have the life live upon for every word we speak."

Every thought which flashes through the mind, as well as every muscular movement, is an exhibition of nerve force; and the greater the energy put forth by any part of the body, the larger is the amount of blood supplied. This energy is supplied from two sources—the oxygen we breathe, and the food we eat. Whenever a muscle contracts, three things happen: (1) an increased blood supply; (2) an increase of carbonic acid and waste matter; and (3) an elevation of temperature, so that the greater the activity of our bodies the larger the amount of deleterious substances formed; and it is to this healthy activity and change that the happiness of our lives is mainly due. The late Professor George Wilson, of Edinburgh, when speaking of blood-supply, said "those wondrous crimson banks or blood-vessels which navigate the arteries are keen traders, and follow the rule of the African rivers, where the waters are only effluent by barter; but they add to this rule one peculiar to themselves, which neither civilized nor savage man cares to follow—that they give away new goods in exchange for old."

The carbonic acid escapes chiefly by the lungs and the skin, both acting more vigorously during muscular exercise than when at rest; and it has been calculated that if, in walking down, the air inspired be one volume, in walking one mile, an hour it will be increased to three volumes, rising to four volumes, and in active exercise five and a half volumes. The skin acts as a kind of safety valve, for not only does it get rid of carbonic acid by perspiration, but by evaporation it tends to keep down an undue temperature, by allowing the heat produced by muscular exercise to escape.

If coal is placed in the furnace of an engine and left unattended, it will burn when set alight; but if it is carefully attended, it will not burn, there will be no flame, and therefore no force. What starts the action is oxygen gas, of which there are two parts in every ten of air. Fresh air when admitted into the lungs contains 21 per cent. of oxygen, and four parts in ten thousand of carbonic acid. Expelled air contains only 13 per cent. of oxygen, and five hundred parts in ten thousand of carbonic acid. In our bodies we have the same process going on as in the glowing furnace of an engine. Fuel in the shape of food is conveyed by the blood, and along with it is carried in the red corpuscles the life-giving oxygen; and in both cases the chief products of combustion are the same—water and carbonic acid.

The aqueous vapour arising from the breath contains a minute proportion of organic matter. That this is highly poisonous has been proved experimentally by Dr. Hammond, who placed a small animal under a bell-glass well supplied with air and free from the influence of carbonic acid gas; but in less than an hour it died, poisoned by the emanations from its own body. It is this material that gives the close peculiar smell to confined spaces. It has been proved, that when the air contains six parts of carbonic acid to ten thousand there is sufficient organic contamination to be extremely detrimental to health. It floats in the atmosphere in the same manner as smoke moves in a sunbeam, and finally, quietly settles down, and is swept away by fresh ventilation into the upper depths of the air.

Two thousand gallons of air unfit to support life pass through our lungs in twenty-four hours, and more than six parts of carbonic acid in ten thousand is sufficient to cause ill-health, and to prevent this result, ten thousand gallons, or three thousand feet of fresh air at least are necessary every hour day and night, for without that a healthy condition of body cannot be maintained. These facts prove how requisite it is to spend a great portion of our time in the open air, and on a bright day when the sun is shining like a golden gleam through a sapphire sky, we all feel the electric thrill of life pervading every fibre, every nerve, and every vein throughout our whole being. The soft air, the health into the cheeks, the woods are bathed in light, the valleys glow, we see the rippling currents of the river, and we hear upward in the mellow bluish of day, the lark carolling forth his sweet and joyous hymn.

It is recorded of the famous King Alfred that he devoted eight hours of the twenty-four to labour, eight to rest, and eight to recreation; and the division is not at all a bad one. The following table of Friedlander shows how the twenty-four hours should be divided from seven to fifteen years of age—

Age.	HOURS FOR			
	Exercise.	Work.	Leisure.	Sleep.
7	8	2	4	9 or 10
8	8	2	4	9 or 10
9	8	2	4	9
10	8	2	4	8
11	7	3	4	8
12	6	4	4	8
13	5	5	4	8
14	5	5	4	7
15	4	6	4	7

The youngest infants require sunlight and open air, and as soon as they can crawl about they should be encouraged to do so, thus stretching their limbs and co-ordinating their muscular movements. The reason they indulge in so much sleep is because in infancy the growth of the brain is most rapid. In childhood there is great muscular activity, and constant use of the senses, and these parts stand in need of a large amount of repose. Puberty is the age for exercise, and as then the body is most rapidly growing, the evil of unwholesome employment of muscles is very harmful. Sitting over long in a slouching attitude will tend to contract the chest, as conveying cumbersome weights over the back will disfigure the normal spinal curves; standing too much on one leg, or a pocketful of articles on one side of the dress, will produce spinal curvature. Lawn tennis, cricket, rowing, bicycling, skating, riding, and everything which brings into play every good balance of mind and body, testify to a man as to a racehorse or greyhound, and an experienced rider or horseman will give an example of a man likely to excel in particular exercises. One great mistake in recreation is the making of great strength in one set of muscles, instead of good general health, the object aimed at. Our grand end should be the culture of all our powers, so as to enable us to pass through life without pain, without disease, and to preserve it as long as possible.

Fatigue is due to temporary exhaustion, general or local, and by it we become aware that we have worked hard enough; but by gradually increasing the work done by any group of muscles they develop in bulk and are adapted to the extra work. The limit of size is, however, soon reached, and if the exercise is too great the muscles cease growing and a process of degeneration sets in. On the other hand, idleness will, through disuse, lead to a like result; but it would not be a difficult task to prove that overwork does less harm than idleness, and it behooves everyone to use his powers, whatever they may be, that in after years he cannot look back in bitter reflection on a life half wasted. To renew the vigour of wearied muscles we require a sufficient blood-supply, and this, as a rule, can be best obtained not only by rest, but also by exercising the muscles of another part of the body. But what is one man's work is another man's play; to brain-workers, physical exertion is a recreation; to him who has worked hard at a manual labour, a book and a quiet life is rest.

It is absolutely essential for the health and happiness of every one that they should have certain intervals of rest from their work; and by rest we do not simply mean sleep, but whatever gives pleasure and promotes health. Change of employment, when innocent in itself and in its tendencies, fulfils these objects; and the sports of the field are the best of all, in that they are enjoyed in the open air, in daylight, and demand, as a rule, early rising. But whatever exercise is taken it should be graduated and systematic, not violent and sudden, and never neglected, as precautions often cause more mischief than no exercise at all.

Sleep ensures rest in its highest degree, and rest is necessary for repair, as all action, whether of mind or body, involves destruction, and without sleep and rest destruction would proceed so much more rapidly than repair that our powers would soon fall altogether, as it is probable that muscular and mental fatigue are due to the waste of nervous energy. Even plants are said to sleep, and they certainly undergo changes which suggest a waking and sleeping condition. At evening flowers close and buds close up, not to open until morning. The intensity of sleep reaches its maximum depth within the first hour, and then it diminishes at first rapidly, and afterwards slowly. "At the end of an hour and a half, it falls to one-fourth; at the end of two hours to one-eighth of its maximum intensity; and thence onwards in diminishing decrements." Different constitutions require different amounts of sleep; but to sleep easily, soundly, and refreshed, is rightly considered a sign of good health. Wordsworth well observes—

Without them, what is all the morning's wealth?
Sleep, sweet sleep, between day and day,
Best mother of fresh thoughts and joyous health!

Too much sleep, however, dulls the intellect and weakens the recuperative faculties; whilst too little prevents the repair of the nervous system. John Wesley says that any one can discover how much sleep he really requires by rising half an hour earlier every morning until he finds he no longer lies awake on going to bed, nor awakes until it is time for him to get up. Six to eight hours appear ample for healthy adults, with nine hours every seventh day; and it must not be forgotten that mental over-fatigue is to be got rid of by bodily exercise in the open air, as this directs the blood from the head to the muscles. A man engaged in intellectual work can rest his brain during the day by turning to some other pursuit, and does not therefore require an increased amount of sleep; but one occupied in physical labour must proportion his sleep to the amount of daily strain imposed on his muscular system.

Intense study drives away slumber; prolonged muscular toil makes it impossible to keep the eyes open. The result in the one case is due to the circulation in the brain becoming more active with mental effort; and in the other to the increased blood-supply to the muscles producing a comparatively bloodless condition of the brain; and this latter state is supposed to be always present during sleep. When people get into the habit of sitting up, it is no easy matter to break them of it; and if they go to bed late they cannot rise early. It is said by the country people that one hour's sleep before midnight is worth more than two after; but as a matter of fact it is useless going to bed early and rising with the sun if the time is not well employed after getting up. The great thing to remember is that health is the most valuable of all earthly possessions, and without it the rest is of no avail.

In consequence we may remark that although dirt is defined to be only "matter in the wrong place," we must remember that "cleanliness is next to godliness," and be prepared with soap and water to wage a vigorous war against the enemy. —*Chambers' Journal.*

THE ARCHEOLOGY OF WIG AND GOWN.

Forensic fashions are so curiously reconcile that it is not surprising the archeology of wig and gown should have been largely forgotten. Few people, perhaps, remember that the present forensic dress came into general use at the death of Queen Anne. Yet, as a matter of fact, up to the end of the seventeenth century only the judges and serjeants-at-law had any distinctive dress, although the stuff gowns worn by barristers in the hall of their law, and the more elaborate robes of benchers and readers with their velvet and silk tufts, were in ordinary use. The Queen's Counsel of the time were in want of a professional costume, which would enable them to rival the bravery of the serjeant-at-law, and they decided with one vote that the Court dress and silk gown, which made up the mourning of the time, were highly suitable for the purpose, and therefore adopted them, together with the full-bottomed wig, then usually worn by all persons of position.

THE DRESS OF WIG.

Wigs, as everybody knows, survived down to the accession of George III, when they were out of general use, and gradually came to be retained only by clergymen, counsellors, and coachesmen.

When the parsons abandoned them altogether the honour was divided between the flunkies and the Bar, a fact which may serve to qualify the self-satisfaction of those young gentlemen who discharge the functions of a Greek chorus on the back benches of the Courts. Every year as the dog days come round there is a half-hearted agitation for the abolition of the wig. And more than one Long Vacation judge has, it is said, followed the example of Sir Thomas Stirling, Chief Justice of Madras, who, on a stilling-day, to the amusement of everybody, tore off his wig and threw it on the floor of the Court, an example which was largely followed by the peering Bar. Since that occasion, we believe, the wig has been no part of the forensic costume in India. In many of the colonies, too, it has been discarded altogether. It forms no part of the costume of the French advocates, and, possessing as it does no historical associations, its abolition would involve no loss of prestige to the profession.

JUDICIAL ROBES.

Judicial robes, it is, however, by claim to a much more respectable antiquity, and apart from their historical interest, it must be confessed that her Majesty's judges in their scarlet, pinks, and mantles lined with murret, or ermine, which they wear on State occasions, Saints' days, Coronation days, the Queen's birthday, at St. Paul's, or elsewhere, have an imposing presence. As for their beginnings, there is no record which goes further back than the middle of the fifteenth century, but it is not unlikely that it cut, at least, the judicial robes of the time date back to the very beginnings of British justice. The violet or purple robes, which share with scarlet the honour of being full dress, were introduced in the seventeenth century. Old prints are extant which give us contemporary examples of early judicial costume. It is, indeed, to these and to monumental brasses that we mainly owe the knowledge which we possess of the fashions of an almost forgotten past. Illuminations which date back to the time of Henry VI. show us, for instance, the Courts of Chancery, King's Bench, Common Pleas, and Exchequer. And very imposing, if somewhat quaint, are the presentations of these tribunals.

BENCH AND BAR UNDER HENRY VI.

In the Court of Chancery the Lord Chancellor (probably Richard Neville) and the Master of the Rolls (probably Thomas Kirkby) are seated on the bench in scarlet robes trimmed with white badger or murret. The Chancellor is wearing a sort of brown cap, but his head is uncovered and four individuals of the lay-figure order, in mustard-coloured gowns, are supposed to be Masters in Chancery, who, it may be remarked, continued to sit with the Chancellor until Lord Chancellor Brougham very wisely dispensed with their attendance. Round the table below the bench, which is covered with green cloth, is one of the six clerks reading a record, while the sealer is pressing down on the matrix of the Great Seal with the roller or mallet. The Chancellor is seated at the back of the table, to the right of the sealer, and is covered with green cloth, is one of the six clerks reading a record, while the sealer is pressing down on the matrix of the Great Seal with the roller or mallet. The Chancellor is seated at the back of the table, to the right of the sealer, and is covered with green cloth, is one of the six clerks reading a record, while the sealer is pressing down on the matrix of the Great Seal with the roller or mallet.

At the Bar, which shuts off the spectators and clerks in court, stand three serjeants, wearing parti-coloured gowns of blue and green, and blue and brown, and two apprentices of the law, as barristers were then known, wearing wonderful gowns of blue and light brown, and great high buskins. In the King's Bench, again, all the five presiding judges, wearing ermine and velvet robes trimmed with lined with white. Below them, just as at the present time, sit the Masters, but clad in parti-coloured gowns of blue and green. A miserable prisoner in fetters stands at the Bar with a tipstaff beside him, and two serjeants, also in coats of many colours. On the left an usher is engaged in "advising" the counsel to a decidedly common jury, while half the bench of the most wretched prisoners, in a row, all in fetters, fill up the foreground of the picture—a curiously realistic representation of fifteenth-century justice. In the Common Pleas there are seven judges all in scarlet and wearing the cowl, while the prothonotaries and serjeants are habited as before. The Exchequer is represented as presided over by the Lord High Treasurer resplendent in ermine and white with a scarlet turban, and supported by four barons in mustard-coloured robes. The clerks of the Court are engaged in four or five enormous gold coins on a table covered with green, and not with the "accoutrement" or chequered cloth, which was generally used for counting money, and gave its name to the Court.

THE SERJEANTS. The most striking feature of these old illustrations is the parti-coloured costume of the serjeants. And now that the serjeants have practically ceased to exist, why should not the "tipstaff" of to-day, if they really wish to possess a dress which would be at once distinctive and professional, go back to these remarkable fashions, and abandon the gloomy incriminating which they have worn for nearly a couple of centuries. The origin of these striking garments, however, appears to be that they were liveries given by clients of high rank with retaining fees, and it would, perhaps, not be very agreeable to the "leader" of the present day to appear in liveries. As for the stuff gowns, many of them would probably not have so much objection to abandon their present dress for one which would at least indicate employment and emolument. Few of the incidents of forensic fashion now-a-days are more striking than the little purse, which hangs at the back of the stuff gown, an empty but speaking record of those good days when it was supposed to be filled by the contributions of grateful clients.

THE LONG ROBE.

Gentlemen of the "Long Robe" is a term which also can be accredited with respectable antiquity, for it dates back for five centuries. It came to be used of the legal profession in the reign of Edward III, when they were ordered to adopt the last new foppery, the "Short Robe." The robe is now a part of judicial costume, although it is still retained by the judges, for the Order of the Garter is a thing of the past. But we may add that in its modern form this historical distinction possesses little in common with its original. The round patch of black silk, edged with white on the crown of the wig, is really, as Mr. Serjeant Pulling explains, only the device of the wigmakers to do duty for the actual coat and the black cap which was worn with it. From this it will be seen that the wig has actually usurped a fashion which dates back at least to the times when the profession of the law was passing out of the hands of the ecclesiastics into those of laymen. The robe, as everybody knows, was originally adopted to hide the absence of the tunic. —*Rangoon Times.*

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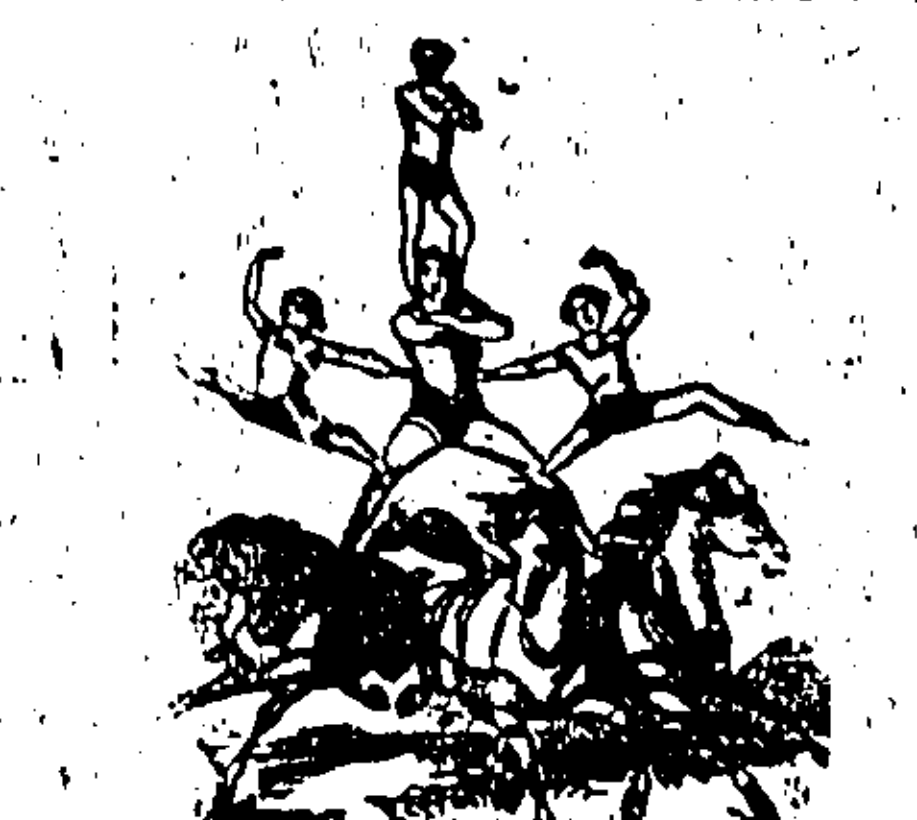
To-day's Advertisements.

CRIMINAL SESSIONS.

JURORS will be required to attend the SUPREME COURT TO-MORROW, the 20th instant, at 10 A.M.
EDW. J. ACKROYD, Registrar.
Hongkong, 19th February, 1892. [25]

To-day's Advertisements.

WOODYEAR'S AUSTRALIAN CIRCUS AND WILD WEST SHOW.



TO-NIGHT, (FRIDAY), February 18th.

ANOTHER GRAND CHANGE OF PROGRAMME.

THE FASHIONABLE RESORT OF HONGKONG.

OPEN EVERY EVENING, at 8 p.m.

CONSTANT CHANGES.

GREAT PANTOMIME OF "THE FOUR LOVERS."

PRICES OF ADMISSION:—Boxes of 6 Chairs, \$5.00; Single Chair in Box, 1.50; Dress Circle Chairs, 1.00; Stalls, Carpeted Seats, 50; Pit (Chinese only), 20.

Professor VALAZIE will probably make his BALLOON ASCENT at the Racecourse, on THURSDAY next.

MADAME WOODYEAR, Proprietors. W. HARLAND, General Agent. VICTOR VALAZIE, Business Manager. Hongkong, 18th February, 1892. [218]

NAVAL CONTRACTS, 1892-3.

SEALED TENDERS in duplicate will be received at the Royal Naval Hospital until 10 a.m., on FRIDAY, the 19th March, from persons desirous of supplying MEAT, BREAD, PURE COWS MILK and other PROVISIONS, MEDICAL COMFORTS, &c., to that Hospital for the year ending 31st March, 1893. Printed Forms of Tender and further particulars can be obtained at the Royal Naval Hospital. The right to reject the lowest or any Tender is reserved.

A. TURNBULL, Deputy Inspector General. Royal Naval Hospital, Hongkong, 19th February, 1892. [221]

ARMY CONTRACTS.

TENDERS, in Duplicate, will be received for the following ANNUAL CONTRACTS required for Her Majesty's Troops at Hongkong and Outposts. 1.—SUPPLIES OF PROVISIONS, FUEL, LIGHT, &c. 2.—PURCHASE OF EMPTY PORTER HOGSHEADS. Samples to accompany the Tender for Supplies. Forms of Tender, Conditions of Contract, and any information required can be obtained on application by Letter addressed to the D. A. A. General (M), Head Quarter Office, or in Person between the hours of 10 a.m. and 4 p.m., and no Tender will be entertained unless made on the Forms so obtained. Tenders to be addressed to the General Officer Commanding, Head Quarters, Hongkong, before 12 o'clock Noon, on WEDNESDAY, 2nd March, 1892, and marked on the outside of the envelope "Tender for Supplies" or "Purchase of Empty Porter Hogsheads." The Secretary of State for War does not bind himself to accept the lowest or any Tender. Head Quarter Office, Hongkong, 19th February, 1892. [224]

FOR NEW YORK, VIA SUEZ CANAL.

THE Steamship "EDENDALE," Captain Humphreys, has arrived from Japan and will be despatched on the above Port, at Noon, on TUESDAY, the 2nd instant. For Freight or Passage, apply to DODWELL, CARROLL & Co., Agents. Hongkong, 19th February, 1892. [227]

FOR ADELAIDE, MELBOURNE AND SYDNEY.

(Calling at SINGAPORE and JAVA) and taking through cargo for all NEW ZEALAND PORTS and TASMANIA. THE Steamship "ARGUS," Captain E. Johnson, will be despatched for the above Ports on WEDNESDAY, the 24th inst., at 4 P.M. For Freight or Passage, apply to GEO. R. STEVENS & Co., Agents. Hongkong, 19th February, 1892. [220]

DILIGENTIA LODGE OF INSTRUCTION.

A MEETING of the above LODGE will be held in FREEMASONS' HALL, Zealand Street, on THURSDAY, the 25th instant, at 5 for 5.30 p.m. precisely. Visiting Brethren are cordially invited. —*ongkong, 19th February, 1892. [222]*

BOTHEN MARK LODGE OF HONGKONG.

No. 24. A REGULAR MEETING of the above named Lodge will be held in FREEMASONS' HALL, Zealand Street, on FRIDAY, the 26th instant, at 8.30 for 9 p.m. precisely. Visiting Brethren are cordially invited. —*Hongkong, 19th February, 1892. [223]*

HONG KONG TRADING COMPANY, LIMITED. DRAPERS, OUTFITTERS, TAILORS, SILK MEN, FURNISHERS.

ANNUAL STOCKTAKING. IMPORTANT CLEARANCE SALE, NOW PROCEEDING. SPECIAL BARGAINS IN ALL DEPARTMENTS. HONGKONG TRADING CO., LTD., 4, QUEEN'S ROAD AND DUDDELL STREET. Hongkong, 8th February, 1892. [41]

ROBERT LANG & CO. DRESS SUITS. NEWEST MATERIALS, FROM \$30. SILK LINED. A VERY LARGE SELECTION OF SCOTCH TWEEDS AND OTHER SUITINGS. EVENING DRESS SHIRTS, latest style. EVENING DRESS TIES and GLOVES. EVENING DRESS, HOSE, SILK, THREAD, and MERINO. EVENING DRESS SHIRTS and PUMPS. Hongkong, 27th November, 1891. [89]

CRUICKSHANK & CO., LD., FAMILY AND DISPENSING CHEMISTS, AND Commission Agents. WINTER REQUISITES. CRUICKSHANK'S Cough Balsam. Do. Balmic Cough-Lozenges. Do. Cod Liver Oil Emulsion. Do. Colloidal Potash Tablets. Do. CHEST PROTECTORS, Single and Double. CORK MATS, for use in Bathrooms. CRUICKSHANK'S Glycerine Jelly. Do. Lip Salve. Do. Camphor Ice. Do. Vaseline Camphor Ice. Do. HOT WATER BOTTLES, &c., &c. Hongkong, 16th January 1892. [10]

THE IMPERIAL HOTEL & TOKIO, JAPAN. C. S. ARTHUR, Manager. THE IMPERIAL HOTEL & TOKIO, JAPAN. C. S. ARTHUR, Manager.

THE FINEST HOTEL IN THE EAST.

(Under the distinguished patronage of the Imperial Household.) THIS fine hotel is situated within five minutes' drive of the terminus of the Yokohama-Tokyo Railway and is in near proximity to the Imperial Palace, the Parliament House and the Chief Public Offices. There are no inside rooms; thus securing well lighted, ventilated and cheerful accommodations. The Cuisine cannot be surpassed, and the attention of the management is to provide for the comfort and pleasure of the guests. The attractions of Tokyo are rendered, and the religious and social festivals being of daily occurrence are to be seen at their best and on a grander scale than in any other portion of Japan. All the noted actors, wrestlers and jugglers make the capital their headquarters. RATES, \$3 to \$4.50 PER DAY. C. S. ARTHUR, Manager. [166]

MOUTRIE, ROBINSON & Co. HONGKONG, (London, Shanghai, Kobe and Yokohama). PIANOS By all the best makers in the World. PIANOS—New and Second Hand for Cash at HOME PRICES. PIANOS purchased by MONTHLY PAYMENTS. PIANOS and ORGANS for HIRE from \$8 per month. PIANOS TUNED by thoroughly efficient Tuners. PIANOS thoroughly REPAIRED OR REBUILT. (Estimates given). MOUTRIE, ROBINSON & Co. (UNDER HONGKONG HOTEL): DENTISTRY. FIRST CLASS WORKMANSHIP AND MODERATE FEES. MR. WONG TAI FONG, Surgeon Dentist, (Formerly articled Apprentice, and latterly assistant to Dr. Rogers), HAS REMOVED TO THE BANK BUILDINGS, QUEEN'S ROAD, (above Messrs. Dakin Bros. of China, Ltd.). CONSULTATION FREE. Hongkong, 27th July, 1891. [190]

G. FALCONER & CO. WATCH and CHRONOMETER MANUFACTURERS and JEWELLERS. NAUTICAL INSTRUMENTS, CHARTS and BOOKS. No. 45, Queen's Road Central. [166]

YUNG KEE & Co. FROM SHANGHAI. EXECUTE PAINTING, Colour washing, Polishing, Decorating and Ornamenting Rooms and Walls, French Polishing, &c., &c. Furniture and Cabinet Makers. Have just completed contracts and received satisfactory Testimonials from Victoria Hotel, Kowloon Club, Spanish Procurement, &c., &c. No. 25, LINDHURST TERRACE, HONGKONG. Hongkong, 19th December, 1891. [158]

HONGKONG RIFLE ASSOCIATION. SPOON COMPETITION TO-MORROW, 20th instant. Time, 3 p.m. Range, 200 and 500 yards. Position any. ED. ROBINSON, Hon. Secretary. Hongkong, 17th February, 1892. [140]

